

Jacqui Fay

From: Monadnock Farm and Community Coalition <coordinator+mfccoalition.org@ccsend.com>
Sent: Saturday, October 16, 2021 5:45 AM
To: Jacqui Fay
Subject: October newsletter: Farm to School forum & resources, events, farm to table restaurant & more!



Building a Robust, Sustainable, and Equitable Local Food System

Newsletter Oct | 2021



Thank you, farmers!

Monadnock vegetable farmers, like **Kaisa Jarrell of Green Wagon Farm** in Keene, worked every day since March to grow, harvest, and get food onto our plates. They successfully produced tons of food despite the highly problematic summer weather. They

continue to meet the challenges of COVID-19. We want to take time to acknowledge your hard work and say, on behalf of our region, thank you!

To our year round farmers, YOU ROCK! We will feature our year round farmers throughout the winter.

Fall is upon us! Here's what in season:

You can still find corn and peppers at farm stands but fall crops are KING right now. Different varieties of winter squash, potatoes, cauliflower, crisp apples, and hardy greens. Remember! **Many farm stands stay open throughout the year - always check their websites for days/times.** Scroll down to see which ones will be open, offering a wide variety of food products.

Don't forget fresh pork, beef, lamb, turkey, and eggs are available year round, as well. **Find out where.** Or scroll down...

Monadnock Local STAR Restaurant

Profile: **Machina Kitchen & ArtBar**

Walking into Machina Kitchen & ArtBar, its modern esthetic -- cool design, rich, handsome colors, and the most tantalizing art bar in the region, stuns even the most savvy eater. It's organic farm-to-table menu and craft cocktails is what inspires repeat customers and a loyal following. We love that they source from local farms, infusing money into our local economy. Bravo, Machina Kitchen & ArtBar! (Check out their Crispy Chicken Schnitzell) Reservations: 603.903.0011 or **order online** tonight.

SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can **DOUBLE your fruit and vegetable purchases** at farm stands, farmers' markets, and grocery stores! **Find out where.**
- Want to know if you're eligible for SNAP? **SENIORS** - did you know you might be eligible for SNAP/EBT too? **Find out now.**
- Need help feeding yourself or your family? **Find out where to go to get charitable food.**
- Get 50% off fruit and veggie purchases thanks to the **Double Up Food Bucks program** at the Monadnock Food Coop (for SNAP/EBT participants)
- Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! **Find out more.**

Spotlights of the Month:

Reading of the Month: Civil Eats recently featured two initiatives incorporating innovations in the regenerative sector -- Stonyfield Farm's Open Team and The Savory Institute's Land to Market Program. Stonewall Farm is providing verification services for farms wanting to participate in the Land to Market program; a regenerative certification program that includes businesses Timberland, Epic Provisions, and Eileen Fisher.

Civil Eats articles:

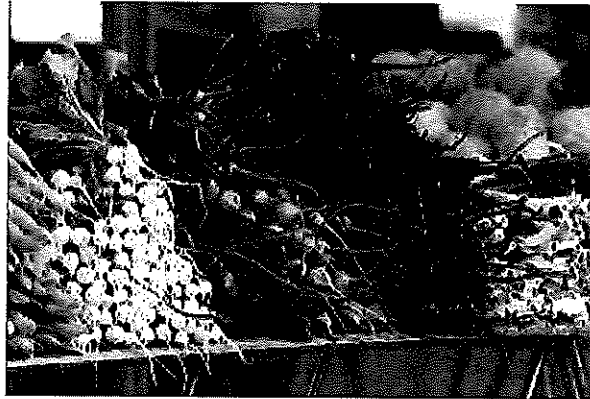
Nation's First Regenerative Dairy
Is the Future of Big Dairy Regenerative?

Two free, virtual events work to bring local food to all Monadnock plates and gives teachers a fresh, innovative farm-to-school module to use in their classroom! Attend the "2021 Monadnock Region Food Access Analysis" virtual **community forum** on Tuesday, October 19, 2021, 5:30pm - 7:30pm. Register here. Or the **Monadnock Farm to School Network's** Fall forum, Saturday, November 13, 9am - 11am. BE A PART OF THE MOVEMENT to get fresh, local food into cafeterias, classrooms, and communities! Read more and register here. Free PD credits available.

Attention: Youth, academics, farmers, advocates, entrepreneurs, and organizers -
- Are you passionate about local food systems? Check out Northeast Sustainable Agriculture Working Group's It Takes a Region Annual Conference, Nov 8-11.
Learn more.

Available jobs within the NH Food System can be found here.

Farmers Markets



Chesterfield Farmers Market, Sat:
9am - 12pm, in front of Town Hall,
Rte. 63, 1.5 from Rte 9.

Farmers Market of Keene, Tues:
3pm - 6pm, Sat: 9am - 1pm (Gilbo
Ave); Hinsdale Farmers Market,
Sun: 9am - 2pm (Millstream Park);

Milford Farmers Market, Sat:
10am - 1pm (300 Elm);

Peterborough Farmers Market,
Wed: 3pm - 6pm (Elm St);

Rindge Farmers & Crafters,
Thurs: 3pm-6pm (W. Rindge
Common Park); **TEAM Jaffrey**

Community Farmers Market, Fri:
3pm - 6pm; **Wilton Farmers**

Market, Tues: 3pm - 6pm;

Winchester Farmers Market
(Accepts SNAP), Sat: 9am - 1pm
(Town Hall)

Farm Stands

Archway Farm (open year round)
183 Arch St., Keene
Pork products, beef, lamb, milk,
condiments, Beni's Bread, Faber
Family syrup, Terra Nova Coffee &
more!



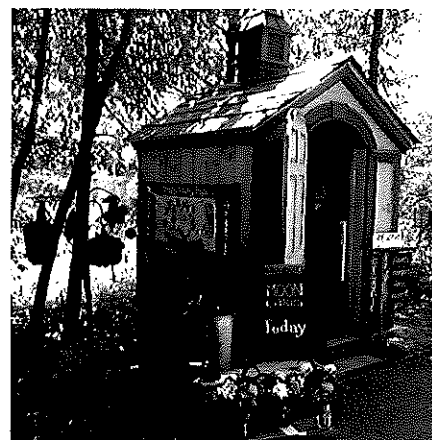
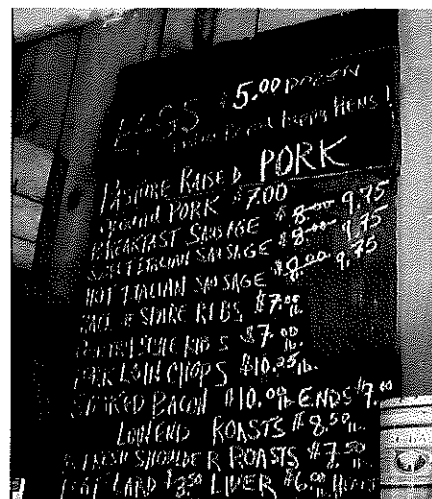
Cheshire Gardens (thru December)
277 Burt Hill Rd., Winchester
Flowers, herbs, vegetables, blackberries, pies, small cakes, fruit preserves and fruity pops!

Coll's Farm
63 North St., Jaffrey
Organic and conventional produce, garden center, florist.

Green Wagon Farm - closed during winter
Court Street, Keene
Small scale produce - greens, tomatoes, melons, squash, green beans, corn & more. Cut flower farm.

Manning Hill Farm - open year round
79 Old Manning Hill Rd., Winchester, NH
Cow milk soaps & lotions by Holland Homestead, Cheshire Gardens preserves & mustards, Echo Farm puddings, beef, lamb, milk, syrup, honey & more!

Mayfair Farm - open year round
31 Clymers Dr., Harrisville
Online ordering and pick up only!
Farm stand is not open to public.
Fresh prepared gourmet foods (the



best quiche ever!) lamb, pork products, soups, cocktails, flowers, greens, groceries & more

Partners Garden - closed during winter

49 Henderson Rd., Nelson

Organic greens, summer veggies, eggplant, tomatoes, cucumbers, herbs/medicinals, flowers.

Saturdays: 10am - 2pm

Stonewall Farm - open year round

242 Chesterfield Rd., Keene

Frozen, prepared meals, Frisky Cow Gelato, yogurt, milk, a variety of gourmet food & more. Featuring heat & serve Indian Food from Shree's Kitchen on Friday nights!

Tippin Rock Farm - closed during winter

227 Swanzey Lake Rd. Swanzey

Small farm offers vegetables, flowers, maple syrup & more!

Tracie's Community Farm - open year round

72 Jaffrey Rd., Fitzwilliam

The store is fully stocked! Come grab some veggies, eggs, meat, bread, cheese, pudding & more!

Whitakers Homestead & Greenhouse



236 Forest Rd., Alstead
 Fresh flowers, lettuce, greens,
 peppers, tomatoes, squashes,
 melons, okra, broccoli, beets,
 radishes, onions, eggplant,
 cucumbers, blueberries,
 strawberries, apples, peaches,
 corn, and much more for produce,
 herbs, veggie starts, flower starts,
 hanging baskets, oval planters, and
 memorial pots. We will also have
 local products, maple syrup, honey,
 maple candy, soda, honey sticks,
 cheeses, eggs, and much more
 here in the Farm Store.



CSA sign ups

FALL CSA'S AVAILABLE
Abenaki Springs (Walpole)
Cornucopia Project Fall CSA &
Thanksgiving Box sign up,
(Peterborough) Foggy Hill Farm



(organic, Rindge) Hemenway Farms, (Charlestown), Hillside Springs CSA (organic, Westmoreland), Holland Farm, (Milford), Hungry Bear Farm (organic, Mason), Picadilly Farm (organic, Winchester), Stonewall Farm (organic, Keene), Sun Moon Farm (Rindge), Tracie's Community Farm (Fitzwilliam) AVAILABLE, Village Roots Pastured Meat & Greens, (Alstead) AVAILABLE

Monthly Updates

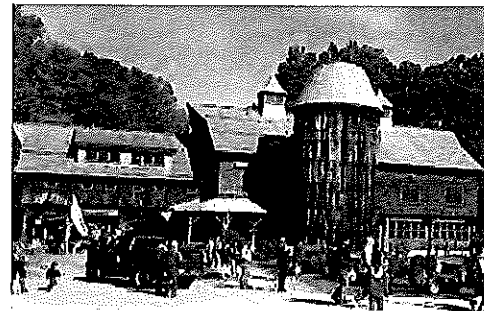
For Children/Teens

Friday Community Night at Stonewall Farm *extended to December!*

Fridays: 4pm - 7pm

Food trucks, music, Yahso Jamaican Grille, breads, donuts from Nordshire Farm, Monadnock Oil and Vinegar and more vendors!

Enter the **Farm to School Month photo contest!** Submit a photo

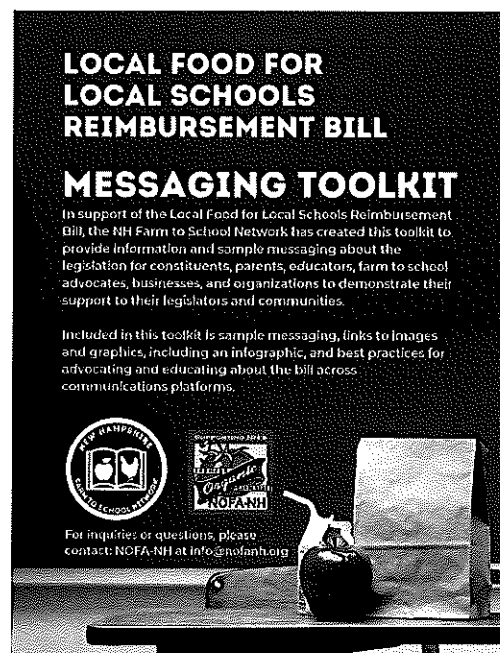
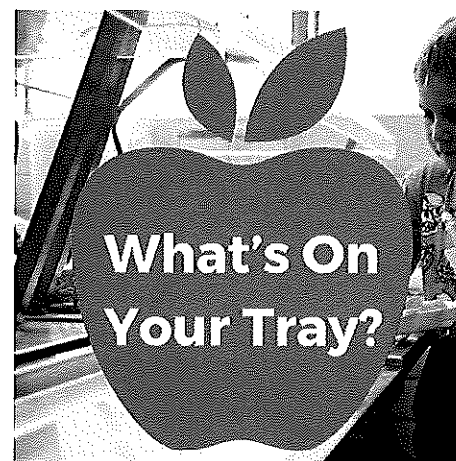


celebrating your school lunch or breakfast program or cafeteria heroes. [Click here to submit your photo!](#) Be sure to include #@nhfarmtoschool when you post!

For Individuals:

BE A PART OF THE FARM TO SCHOOL MOVEMENT IN YOUR CHILD'S SCHOOL! The NH Farm to School Network, with the sponsorship of over 10 New Hampshire state legislators, has submitted the **Local Food for Local Schools Reimbursement program** as a bill to the New Hampshire legislature. Implementing farm to school activities teaches healthy eating habits, improves food security, and increases engagement from students, parents, educators, and the community. [Learn more.](#)

Youth, academics, farmers, advocates, entrepreneurs, and organizers -- Are you passionate about local food systems? Check out Northeast Sustainable Work Group's Annual It Takes a Region



Conference, Nov 8 - 11, 2021.

[Learn more](#)

For Farmers & Producers:

Free Business Planning Course for NH Specialty Crop Producers

Apply October 1st through November 30th, 2021. The Cheshire County Conservation District, the Hannah Grimes Center for Entrepreneurship, and National Center for Appropriate Technology (NCAT) are partnering to host a free 7-week-long business planning course (waived fee of \$600!) for specialty crop producers in New Hampshire. Specialty crops are defined in law as, "fruits and vegetables, tree nuts, dried fruits and horticulture and nursery crops, including floriculture".

Participants will receive a \$2,000 stipend to implement their business plan

[More information and apply here.](#)

National Farm Viability Conference

The conference features an array of virtual programming throughout the



month of October focused on strengthening farm sustainability, building more resilient local food systems and supporting the long term profitability of farming and agri-entrepreneurs from start-ups to generational businesses.

1. Affording Farmland on October 18th.
2. Farm Succession Scenarios on October 20th.
3. Let's Talk Farm Linking on October 21st.
4. Ways Farmers (could) Approach and Finance Retirement on October 27th.

Conference registration is required.

Get your applications ready for NRCS Fiscal Year 2022.
Deadline: Oct 29th. More Information Here!

Monadnock Table Magazine will write a feature story on your farm for FREE! Story will be featured in one of their upcoming editions.
Email Marcia Passos-Duffy now!
Please help us, help *YOU market your farms!*

Farm Rental Equipment available at Cheshire Co. Conservation District.

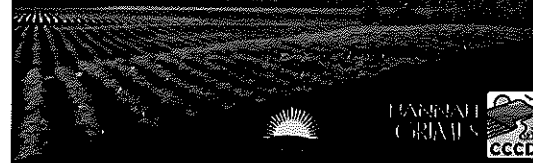
Business Planning Course for NH Specialty Crop Producers

- Free 7-week course! (Waived fee of \$600!)
- Enhance the competitiveness of your business
- Receive technical assistance
- Receive peer support from other specialty crop producers
- Create a business plan
- Receive a \$2,000 stipend to implement your plan!

Course meets every Thursday from
4:00-7:00pm

January 12th-February 23rd, 2022
at Hannah Grimes Center in Keene

cheshireconservation.org/businessplanning
Applications due November 30th!



Skidder Bridge Auction

Open until October 31st

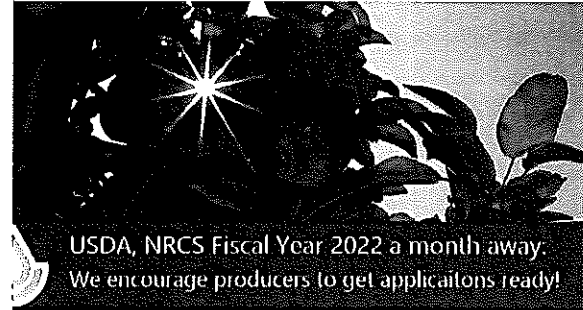
Bid here!

Cheshire Co Conservation District's 76th Annual meeting,

Tues., October 26th, 6:30pm.

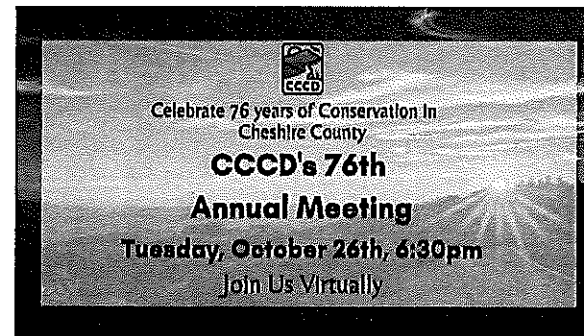
Come celebrate their great year of work at this virtual event! **Register today.**

Want to find farm land to lease or purchase? Need to retire from farming and could use help? Have land you want to make available for farming? **Contact Land For Good.**



For Teachers:

FREE PD CREDITS! The Monadnock Farm to School Network is hosting its 1st forum, Sat., 11/13, 9am - 11am, online. MF2S members will present the first Farm to School (FTS) module: "Nuts & Bolts of Farm to School: Gardening, Cooking, and Farm Field Trips," originally developed by the Vermont Farm to School Network. Become acquainted with



the FTS movement and learn some of the ways your school or group can make these fun and healthy interdisciplinary activities part of your learning experience. Register today!

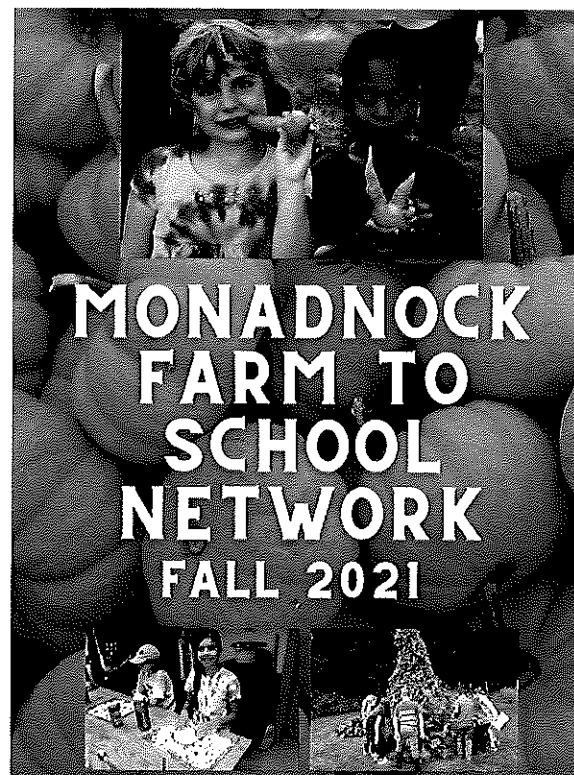
Join the Monadnock Farm to School Network Facebook Group

JOIN THE MOVEMENT to get local food into cafeterias, classrooms, and communities. The NH Farm to School Network, with the sponsorship of over 10 New Hampshire state legislators, has submitted the Local Food for **Local Schools Reimbursement program** as a bill to the New Hampshire legislature. Check out toolkit full of messaging samples, and information!

Outdoor Schoolyard grants available! Small grants for schoolyard habitat and outdoor classroom projects. These small grants provide money for outdoor classroom and wildlife habitat projects. The expertise and technical support from the partnership team helps schools make their projects meaningful and long-lasting. Learn more and apply here!



Gaining ground for farmers



The Indigenous New Hampshire Collaborative Collective offers a number of educational resources on the various topics that make up indigenous culture and history in New Hampshire. [Access the resources and learn more!](#)

Get the NH Farm to School month Toolkit!

Throughout October, NH Farm to School will be hosting New Hampshire's Farm to School Month festivities. Join us and other schools across the state in recognizing the importance of farm to school through activities, lesson plans, good local food, and fun! **Download it [here](#).**

From Screen to Green Webinar Series for Children

Join New Hampshire Environment Educators and the NH Schoolyard Habitat Grant Partnership for their Screen to Green webinar series for educators. Watch the full series below or check out each individual video.

"Demonstration Pollinator Garden Virtual Tour Webinar" -

[Watch Here!](#)

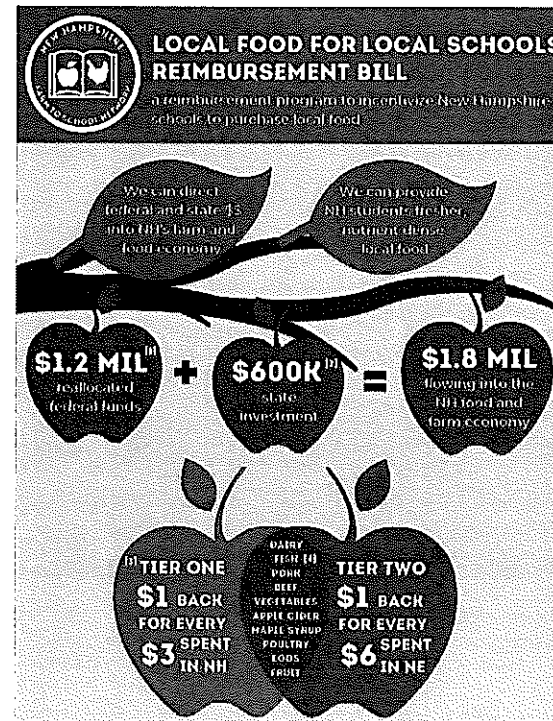
"Screen to Green Virtual Sampler"

[Watch here!](#)



Monadnock Farm to School Network
Public group · 28 members

Join · Leave



Designing an Outdoor Classroom by Marilyn Wyzga -

[Watch here!](#)

Safe, Happy, Healthy Outdoor Learning

[Watch here!](#)

[Watch the full series!](#)

New Hampshire Agriculture in the Classroom has

opened ordering for educators to select from a variety of curriculum kits, from books to educational crafts. Order today!

[LEARN MORE & ORDER >>](#)

Getting Local on All Plates!

The **Monadnock Region Food Access Analysis (MRFAA)** report is published. The MRFAA is a comprehensive gaps and assets analysis in children's and families' food security programs. The goal of the report is to increase the connection between people facing food insecurity and access to affordable, fresh, healthy food. It is available to download [here](#). **Attend the Tues., October 19, 2021,**

The New Hampshire Partnership for Schoolyard Action Grants

The New Hampshire Partnership for Schoolyard Action Grants is made up of grants from NH Fish and Game, NH Fish and Wildlife Service, NH Project Learning Tree, and NH Audubon. Together, they pool staff knowledge and resources to provide grants for schoolyard habitat and outdoor classroom projects.

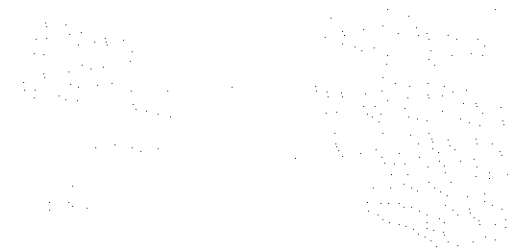


Indigenous New Hampshire Collaborative

NH Farm to School Month October

new hampshire
farm to
school

NH Sustainability Institute



5:30pm - 7:30pm virtual forum,
find out more or [register here!](#)

**Granite State Market Match
(GSMM) helps SNAP customers
DOUBLE vegetable and fruit
purchases!**

Shop with your SNAP/EBT at the
following locations to double your
dollars!

[Learn more about GSMM](#)

Charitable Food

Newest information on locations
and delivery times for **charitable
food** can be found at: [Food &
Gardens for a Resilient
Monadnock website.](#)

**FOOD & GARDENS FOR A
RESILIENT MONADNOCK**



**Grow
Your Classroom**
New Hampshire Agriculture In the Classroom

ADAPTABLE CHAIRS FOR ACCESS ALLIANCE

ADAPTABLE CHAIRS FOR ACCESS ALLIANCE




You SNAP, We MATCH!

\$1-for-\$1 match at these locations when you shop with SNAP/EBT!



**Open Mon-Sun
9am-6pm**
Elk River, AL



**50th CEA shares
with SNAP**
Nashville, TN



**Open Sundays
9am-1pm**
Union City, TN



**50th CEA shares
with SNAP**
Chattanooga, TN



**Open Saturdays
9am-1pm**
Murfreesboro, TN



**50th CEA shares
with SNAP**
Nashville, TN



**Mon-Tue: 10am-4pm
Wed-Sun: 10am-6pm**
Franklin, TN



**Sat: 9am-1pm
Tue: 4:30-7pm**
Cookeville, TN



**Open Fridays
1pm-6pm**
Murfreesboro, TN



Market Match

We want to help you stretch your SNAP!

Visit any or all of these locations and we'll double your SNAP dollars!

www.sharingconservation.org/grants/1104-market-match



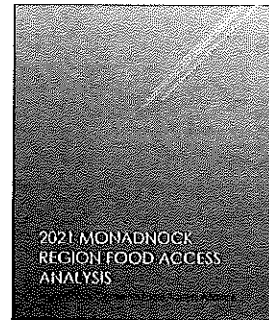
Market Match

How do we build a viable food system assuring food security for future generations?

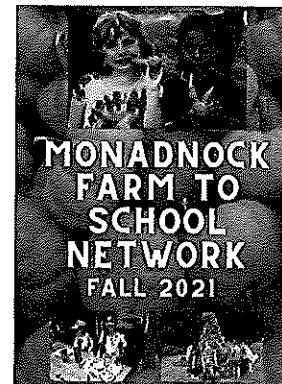
By bringing our members together regularly in work groups and quarterly forums.

2021 Forums

"2021 Monadnock Region Food Access Analysis" Community Forum, Tuesday, October, 19, 2021, 5:30pm - 7:30pm. Find out more information and register [here](#).



Monadnock Farm to School Network Fall forum - Saturday, November 13, 2021, 9am - 11am. Free PD credits for teachers! [Register today for this virtual event!](#)



Events

Monadnock Food Coop's GRAND RE-OPENING! October 14 -16. LIVE Music Friday night! Check out all the festivities & sales!

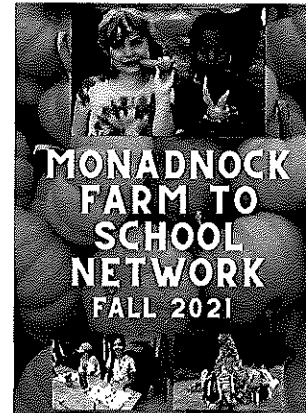
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Monadnock Farm to School Network's Fall forum, Saturday, November 13, 9am - 11am. BE A PART OF THE MOVEMENT to get fresh, local food into cafeterias, classrooms, and communities! Read more and register here. Free PD credits available.

Stonewall Farm Community Nights!

Fridays, 4pm - 7pm, extended to December

Local craft beers, Yahso Jamaican Grille, breads, donuts from Nordshire Farm, Monadnock Oil and Vinegar and more vendors!



**Stories From the Field:
Celebrating Our Local Food
System in Words** will take place in
Winter 2022. Stay tuned!
Meanwhile, **listen to last year's
event.**



STONEWALL
Farm

YAHSO ON THE GO!
at Stonewall Farm

Jerk Chicken Quesadillas	\$12.00
Rice Plates	\$10.00
Jerk Chicken	
Curry Chicken	
Veggie	
Fish Tacos	\$12.00
Chicken & Waffle	\$10.00
Mac n Cheese	\$5.00
Options for topping + \$4	
Grill Shrimp / Jerk	
Chicken / Bacon	
Jamaican 'Empanada'	\$4.00
Patties - Beef / Veggie	

Yahso Jamaican Grille
July 9th, 2021 | 2 PM |

Communications

**NEW! MFCC's
Food & Gardens for
a Resilient Monadnock website**

**FOOD & GARDENS FOR A
RESILIENT MONADNOCK**

**Do you need help to know how to
put your garden to sleep? Our
new website, provides
EVERYTHING you might need to
know!**

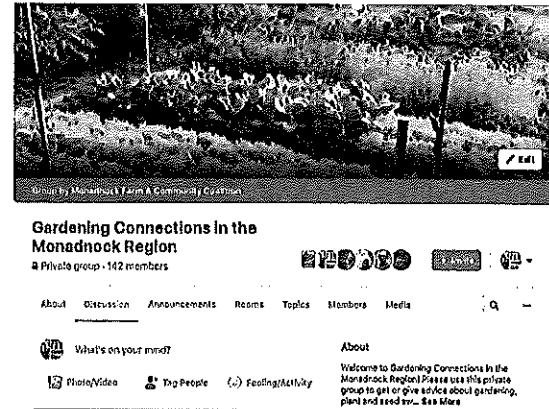
- **Get the Stuff** you need to
plant a garden -- Seeds,
raised bed kits, community
garden plots, discounts on

garden supplies, tools & more!

- **Learn the Things** -- Links to UNH Extension Master Gardeners, Soil Testing, Planning a Family Garden, Companion Planting, Guides to Building Raised Beds, Indoor Gardening, Composting & more!
- **Educational Resources** -- online gardening networks around the region & state, recommended books, blogs, local experts & more!
- **Other** -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!

Join our private Facebook group, "Gardening Connections in the Monadnock Region" -- members connect with local experts and each other about lessons learned, ideas, tools, & more!



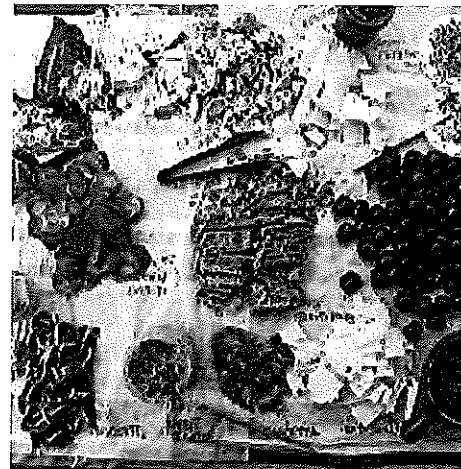


***Did you know if everyone spent \$5 a week on local food,
we would add \$338 million to New Hampshire's
economy? Join the \$5/wk movement!***

**Other GREAT PLACES to buy
local!**

CC&D'S Kitchen

79 North Street, Keene
Tues - Thurs 11am - 6pm
Thursday - Full BBQ menu
VOTED BEST BBQ IN AREA!
Sandwiches, soups, desserts,
catering & more!



Crescendo Acres

21 Carpenter Rd., Surry, NH
5.9 mi north on 12A from Court
St./Maple roundabout



Crescendo Acres Farm

BUY LOCAL!

**LOTS OF ALPACA
SOCKS & CLOTHING
FOR MEN AND WOMEN**

Scarves • Shawls
Hats & Mittens • Jackets
Sweaters • Vests
Stuffed Animals • Gift Baskets
Holiday Craft Items & More

SHIPPING AVAILABLE

Our Own Maple Syrup
Mustards • Honey Products
Beeswax Candles • Byers' Choice

**Fresh Cut or Cut Your Own
CHRISTMAS TREES • 4' & UP**

Tree sales start Nov 27th
Open 7 Days 11-5 until Christmas
21 Carpenter Rd., Surry, NH
5.9 mi. north on 12A from
Court St./Maple Ave. Roundabout
603.352.9380
www.crescendoacres.com



Hannah Grimes Marketplace

42 Main Street, Keene
Over 250 local artisans! Gift
baskets, gourmet food, glassware,
ornaments, skin products, syrup,
honey, cheese, crafts, toys,
puzzles, & more!



The Local Crowd Monadnock

Local products online! Gift
certificates for massage & yoga,
original paintings, candles,
ornaments, fiber arts, toys, & more!

Featured photo: Womens' Alpine
Coat from Crescendo Acres!



**PLEASE SUPPORT YOUR MONADNOCK
LOCAL FOOD SYSTEM
ASSURING FOOD SECURITY FOR FUTURE
GENERATIONS!**

I Support the Coalition!

The Monadnock Farm and Community Coalition is a coalition of 140+ member organizations and individual members who come together regularly to build a robust, sustainable, and equitable local food system in the Monadnock Region of Southwestern NH.
